JUICELAND NUTRITION FACTS 2026

SMOOTHIES

Bam Bam

Small	Medium	Large
Calories: 460	Calories: 709	Calories: 999
Fat: 21.5g	Fat: 39.8g	Fat: 57.8g
Sat Fat: 0.8g	Sat Fat: 1.3g	Sat Fat: 1.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 58mg	Sodium: 75mg	Sodium: 107mg
Carbs: 65g	Carbs: 85g	Carbs: 116g
Dietary Fiber: 8g	Dietary Fiber: 11g	Dietary Fiber: 15g
Total Sugars: 44g	Total Sugars: 57g	Total Sugars: 78g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 8g	Protein: 11g	Protein: 15g
Calcium: 8%	Calcium: 13%	Calcium: 17%
Iron: 15% mg	Iron: 21%	Iron: 29%

Berry Godmother

Small	Medium	Large
Calories: 219	Calories: 281	Calories: 386
Fat: 1.1g	Fat: 1.3g	Fat: 1.7g
Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 15mg	Sodium: 19mg	Sodium: 26mg
Carbs: 54g	Carbs: 69g	Carbs: 94g
Dietary Fiber: 7g	Dietary Fiber: 8g	Dietary Fiber: 11g
Total Sugars: 36g	Total Sugars: 46g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g
Calcium: 5%	Calcium: 7%	Calcium: 9%
Iron: 13%	Iron: 16%	Iron: 22%

Big 5-0 (One Size: Large)

Large
Calories: 1,094
Fat: 40.2g
Sat Fat: 15.5g
Cholesterol: 49mg
Sodium: 392mg
Carbs: 139g
Dietary Fiber: 14g
Total Sugars: 47g
Added Sugars: 0g
Protein: 50g
Calcium: 21%
Iron: 38%

Cosmic Charlie

Small	Medium	Large
Calories: 473	Calories: 594	Calories: 812
Fat: 16.1g	Fat: 18.8g	Fat: 26.7g
Sat Fat: 4.8g	Sat Fat: 5.9g	Sat Fat: 8.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 154mg	Sodium: 202mg	Sodium: 265mg
Carbs: 54g	Carbs: 69g	Carbs: 95g
Dietary Fiber: 10g	Dietary Fiber: 12g	Dietary Fiber: 16g
Total Sugars: 41g	Total Sugars: 53g	Total Sugars: 73g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 26g	Protein: 33g	Protein: 43g
Calcium: 9%	Calcium: 12%	Calcium: 16%
Iron: 10%	Iron: 13%	Iron: 17%

Clementine

Small	Medium	Large
Calories: 205	Calories: 263	Calories: 366
Fat: 0.6g	Fat: 0.7g	Fat: 1.0g
Sat Fat: .01g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 3mg	Sodium: 4mg	Sodium: 6mg
Carbs: 51g	Carbs: 65g	Carbs: 91g
Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 7g
Total Sugars: 42g	Total Sugars: 54g	Total Sugars: 75g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g
Calcium: 5%	Calcium: 6%	Calcium: 8%
Iron: 6%	Iron: 7%	Iron: 10%

Double Choco Coco Nuts

Small	Medium	Large
Calories: 387	Calories: 559	Calories: 747
Fat: 18g	Fat: 25.9g	Fat: 34.2g
Sat Fat: 10.3g	Sat Fat: 15.7g	Sat Fat: 21.2g
Cholesterol: 36mg	Cholesterol: 48mg	Cholesterol: 64mg
Sodium: 117mg	Sodium: 146mg	Sodium: 179mg
Carbs: 33g	Carbs: 51g	Carbs: 70g
Dietary Fiber: 7g	Dietary Fiber: 10g	Dietary Fiber: 14g
Total Sugars: 18g	Total Sugars: 28g	Total Sugars: 38g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 25g	Protein: 34g	Protein: 45g
Calcium: 16%	Calcium: 22%	Calcium: 28%
Iron: 15%	Iron: 20%	Iron: 27%

Green Creamsicle

Small	Medium	Large
Calories: 445	Calories: 552	Calories: 876
Fat: 15.5g	Fat: 19.4g	Fat: 30.7g
Sat Fat: 2.7g	Sat Fat: 3.1g	Sat Fat: 5.4g
Cholesterol: 6mg	Cholesterol: 48mg	Cholesterol: 11mg
Sodium: 93mg	Sodium: 114mg	Sodium: 216mg
Carbs: 69g	Carbs: 87g	Carbs: 135g
Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 14g
Total Sugars: 25g	Total Sugars: 31g	Total Sugars: 48g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 11g	Protein: 12g	Protein: 22g
Calcium: 12%	Calcium: 13%	Calcium: 24%
Iron: 8%	Iron: 10%	Iron: 16%

Green Creamsicle-Tarrytown Location

Small	Medium	Large
Calories: 538	Calories: 645	Calories: 1063
Fat: 27.9g	Fat: 31.8g	Fat: 55.6g
Sat Fat: 14g	Sat Fat: 14.4g	Sat Fat: 28g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 74mg	Sodium: 95mg	Sodium: 177mg
Carbs: 69g	Carbs: 86g	Carbs: 133g
Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 14g
Total Sugars: 25g	Total Sugars: 30g	Total Sugars: 47g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 7g	Protein: 8g	Protein: 14g
Calcium: 7%	Calcium: 8%	Calcium: 14%
Iron: 8%	Iron: 10%	Iron: 16%

Home Run

Kids	Small	Medium	Large
Calories: 151	Calories: 234	Calories: 301	Calories: 416
Fat: 0.5g	Fat: 0.8g	Fat: 1g	Fat: 1.3g
Sat Fat: 0.1	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 8mg	Sodium: 12mg	Sodium: 15mg	Sodium: 21mg
Carbs: 38g	Carbs: 59g	Carbs: 76g	Carbs: 105g
Dietary Fiber: 3g	Dietary Fiber: 5g	Dietary Fiber: 7g	Dietary Fiber: 9g
Total Sugars: 25g	Total Sugars: 39g	Total Sugars: 50g	Total Sugars: 70g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 2g	Protein: 2g	Protein: 3g
Calcium: 2%	Calcium: 4%	Calcium: 5%	Calcium: 7%
Iron: 5%	Iron: 7%	Iron: 9%	Iron: 13%

Honey Beary

Kids	Small	Medium	Large
Calories: 262	Calories: 446	Calories: 525	Calories: 744
Fat: 8.2g	Fat: 14.4g	Fat: 16.5g	Fat: 24.1g
Sat Fat: 1.2g	Sat Fat: 2.1g	Sat Fat: 2.3g	Sat Fat: 3.4g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 56mg	Sodium: 88mg	Sodium: 113mg	Sodium: 163mg
Carbs: 48g	Carbs: 80g	Carbs: 96g	Carbs: 134g
Dietary Fiber: 5g	Dietary Fiber: 9g	Dietary Fiber: 11g	Dietary Fiber: 15g
Total Sugars: 32g	Total Sugars: 56g	Total Sugars: 65g	Total Sugars: 92g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 8g	Protein: 9g	Protein: 13g
Calcium: 5%	Calcium: 6%	Calcium: 7%	Calcium: 11%
Iron: 5%	Iron: 8%	Iron: 10%	Iron: 14%

I Dream Of Greenie

Small	Medium	Large
Calories: 210	Calories: 265	Calories: 381
Fat: 6.0g	Fat: 7.2g	Fat: 11.9g
Sat Fat: 0.8g	Sat Fat: 1g	Sat Fat: 1.6g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 29mg	Sodium: 42mg	Sodium: 61mg
Carbs: 39g	Carbs: 51g	Carbs: 69g
Dietary Fiber: 6g	Dietary Fiber: 8g	Dietary Fiber: 12g
Total Sugars: 24g	Total Sugars: 30g	Total Sugars: 41g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 7g	Protein: 10g
Calcium: 4%	Calcium: 6%	Calcium: 8%
Iron: 10%	Iron: 14%	Iron: 20%

Julio Verde

Small	Medium	Large
Calories: 408	Calories: 517	Calories: 758
Fat: 18.3g	Fat: 23.1g	Fat: 37g
Sat Fat: 1.1g	Sat Fat: 1g	Sat Fat: 1.6g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 50mg	Sodium: 64mg	Sodium: 93mg
Carbs: 61g	Carbs: 77g	Carbs: 106g
Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 13g
Total Sugars: 42g	Total Sugars: 54g	Total Sugars: 74g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 8g
Calcium: 7%	Calcium: 8%	Calcium: 12%
Iron: 9%	Iron: 10%	Iron: 15%

Morning Sunshine

Small	Medium	Large
Calories: 322	Calories: 398	Calories: 546
Fat: 0.9g	Fat: 1.1g	Fat: 1.5g
Sat Fat: 0.0g	Sat Fat: 0.2g	Sat Fat: 0.3g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 19mg	Sodium: 10mg	Sodium: 14mg
Carbs: 77g	Carbs: 96g	Carbs: 131g
Dietary Fiber: 6g	Dietary Fiber: 7g	Dietary Fiber: 9g
Total Sugars: 32g	Total Sugars: 39g	Total Sugars: 54g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 6g
Calcium: 4%	Calcium: 5%	Calcium: 7%
Iron: 11%	Iron: 12%	Iron: 17%

Moontowerw/ Whey Protein		
Small	**Medium**	**Large**
Calories: 425	Calories: 555	Calories: 753
Fat: 7.8g	Fat: 10.1g	Fat: 14.2g
Sat Fat: 1.0g	Sat Fat: 1.3g	Sat Fat: 1.8g
Cholesterol: 28mg	Cholesterol: 38mg	Cholesterol: 50mg
Sodium: 137mg	Sodium: 177mg	Sodium: 251mg
Carbs: 71g	Carbs: 93g	Carbs: 125g
Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 14g
Total Sugars: 12g	Total Sugars: 17g	Total Sugars: 23g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 19g	Protein: 25g	Protein: 34g
Calcium: 11%	Calcium: 14%	Calcium: 19%
Iron: 9%	Iron: 11%	Iron: 16%

Moontower w/ Hemp Protein		
Small	**Medium**	**Large**
Calories: 378	Calories: 492	Calories: 670
Fat: 7.6g	Fat: 9.9g	Fat: 14.0g
Sat Fat: 0.7g	Sat Fat: 0.7g	Sat Fat: 1.0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 105mg	Sodium: 136mg	Sodium: 196mg
Carbs: 71g	Carbs: 92g	Carbs: 124g
Dietary Fiber: 9g	Dietary Fiber: 11g	Dietary Fiber: 16g
Total Sugars: 12g	Total Sugars: 16g	Total Sugars: 23g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 8g	Protein: 11g	Protein: 15g
Calcium: 5%	Calcium: 6%	Calcium: 9%
Iron: 14%	Iron: 19%	Iron: 26%

Moontower w/ Pea Protein		
Small	**Medium**	**Large**
Calories: 372	Calories: 492	Calories: 649
Fat: 6.9g	Fat: 9.9g	Fat: 12.6g
Sat Fat: 0.4g	Sat Fat: 0.7g	Sat Fat: 0.8g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 170mg	Sodium: 136mg	Sodium: 282mg
Carbs: 70g	Carbs: 92g	Carbs: 122g
Dietary Fiber: 8g	Dietary Fiber: 11g	Dietary Fiber: 14g
Total Sugars: 12g	Total Sugars: 16g	Total Sugars: 22g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 10g	Protein: 11g	Protein: 16g
Calcium: 5%	Calcium: 6%	Calcium: 9%
Iron: 15%	Iron: 19%	Iron: 24%

Muscle Beach		
Small	**Medium**	**Large**
Calories: 327	Calories: 431	Calories: 602
Fat: 12.2g	Fat: 16.3g	Fat: 24g
Sat Fat: 2.8g	Sat Fat: 3.8g	Sat Fat: 5.5g
Cholesterol: 38mg	Cholesterol: 50mg	Cholesterol: 67g
Sodium: 111mg	Sodium: 139mg	Sodium: 160mg
Carbs: 33g	Carbs: 42g	Carbs: 57g
Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 5g
Total Sugars: 3g	Total Sugars: 4g	Total Sugars: 6g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 23g	Protein: 31g	Protein: 42g
Calcium: 10%	Calcium: 13%	Calcium: 17%
Iron: 4%	Iron: 5%	Iron: 7%

Muscle Beach-Tarrytown Location		
Small	**Medium**	**Large**
Calories: 331	Calories: 401	Calories: 526
Fat: 12.2g	Fat: 13.0g	Fat: 17.3g
Sat Fat: 2.5g	Sat Fat: 2.7g	Sat Fat: 3.6g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 259mg	Sodium: 367mg	Sodium: 462mg
Carbs: 42g	Carbs: 53g	Carbs: 69g
Dietary Fiber: 5g	Dietary Fiber: 7g	Dietary Fiber: 9g
Total Sugars: 3g	Total Sugars: 3g	Total Sugars: 4g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 17g	Protein: 24g	Protein: 31g
Calcium: 4%	Calcium: 5%	Calcium: 7%
Iron: 19%	Iron: 27%	Iron: 36%

Originator w/ Whey Protein		
Small	**Medium**	**Large**
Calories: 485	Calories: 599	Calories: 829
Fat: 12g	Fat: 13.5g	Fat: 19.5g
Sat Fat: 2.3g	Sat Fat: 2.5g	Sat Fat: 3.6g
Cholesterol: 28mg	Cholesterol: 38mg	Cholesterol: 50mg
Sodium: 105mg	Sodium: 137mg	Sodium: 190mg
Carbs: 77g	Carbs: 97g	Carbs: 134g
Dietary Fiber: 6g	Dietary Fiber: 8g	Dietary Fiber: 11g
Total Sugars: 20g	Total Sugars: 26g	Total Sugars: 36g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 21g	Protein: 26g	Protein: 36g
Calcium: 10%	Calcium: 13%	Calcium: 18%
Iron: 8%	Iron: 10%	Iron: 14%

Originator w/ Hemp Protein		
Small	**Medium**	**Large**
Calories: 438	Calories: 537	Calories: 746
Fat: 11.8g	Fat: 13.3g	Fat: 19.3g
Sat Fat: 1.8g	Sat Fat: 2.0g	Sat Fat: 2.9g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 74mg	Sodium: 95mg	Sodium: 135mg
Carbs: 77g	Carbs: 97g	Carbs: 133g
Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 12g
Total Sugars: 20g	Total Sugars: 25g	Total Sugars: 36g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 10g	Protein: 12g	Protein: 17g
Calcium: 5%	Calcium: 6%	Calcium: 8%
Iron: 14%	Iron: 17%	Iron: 24%

Originator w/ Pea Protein		
Small	**Medium**	**Large**
Calories: 431	Calories: 528	Calories: 734
Fat: 11.1g	Fat: 12.4g	Fat: 18.0g
Sat Fat: 1.7g	Sat Fat: 1.8g	Sat Fat: 2.6g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 138mg	Sodium: 181mg	Sodium: 249mg
Carbs: 76g	Carbs: 96g	Carbs: 131g
Dietary Fiber: 6g	Dietary Fiber: 8g	Dietary Fiber: 11g
Total Sugars: 20g	Total Sugars: 25g	Total Sugars: 35g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 12g	Protein: 14g	Protein: 20g
Calcium: 5%	Calcium: 6%	Calcium: 8%
Iron: 14%	Iron: 18%	Iron: 25%

Paradise Found		
Small	**Medium**	**Large**
Calories: 287	Calories: 370	Calories: 512
Fat: 0.7g	Fat: 0.9g	Fat: 1.2g
Sat Fat: 0.1g	Sat Fat: 0.2g	Sat Fat: 0.3g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 6mg	Sodium: 8mg	Sodium: 12mg
Carbs: 73g	Carbs: 94g	Carbs: 130g
Dietary Fiber: 6g	Dietary Fiber: 7g	Dietary Fiber: 10g
Total Sugars: 51g	Total Sugars: 65g	Total Sugars: 90g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g
Calcium: 5%	Calcium: 7%	Calcium: 10%
Iron: 7%	Iron: 9%	Iron: 13%

Percolator		
Small	**Medium**	**Large**
Calories: 283	Calories: 365	Calories: 496
Fat: 5g	Fat: 6.5g	Fat: 9.2g
Sat Fat: 0.5g	Sat Fat: 0.7g	Sat Fat: 1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 54mg	Sodium: 69mg	Sodium: 99mg
Carbs: 60g	Carbs: 77g	Carbs: 104g
Dietary Fiber: 9g	Dietary Fiber: 12g	Dietary Fiber: 16g
Total Sugars: 32g	Total Sugars: 41g	Total Sugars: 55g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 7g	Protein: 10g
Calcium: 5%	Calcium: 7%	Calcium: 9%
Iron: 9%	Iron: 12%	Iron: 16%

Peachy Green			
Kids	**Small**	**Medium**	**Large**
Calories: 111	Calories: 173	Calories: 222	Calories: 311
Fat: 0.5g	Fat: 0.8g	Fat: 1g	Fat: 1.4g
Sat Fat: 0.1	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.2g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 11mg	Sodium: 17mg	Sodium: 22mg	Sodium: 33mg
Carbs: 27g	Carbs: 42g	Carbs: 54g	Carbs: 76g
Dietary Fiber: 2g	Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 6g
Total Sugars: 23g	Total Sugars: 36g	Total Sugars: 46g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 2g	Protein: 3g	Protein: 4g
Calcium: 3%	Calcium: 4%	Calcium: 6%	Calcium: 8%
Iron: 4%	Iron: 6%	Iron: 7%	Iron: 10%

Soul Boulder w/ Whey Protein		
Small	**Medium**	**Large**
Calories: 592	Calories: 807	Calories: 1,113
Fat: 22.5g	Fat: 33.9g	Fat: 48.2g
Sat Fat: 5.0g	Sat Fat: 6.5g	Sat Fat: 9.1g
Cholesterol: 38mg	Cholesterol: 50mg	Cholesterol: 67mg
Sodium: 95mg	Sodium: 152mg	Sodium: 174mg
Carbs: 74g	Carbs: 94g	Carbs: 127g
Dietary Fiber: 8g	Dietary Fiber: 11g	Dietary Fiber: 15g
Total Sugars: 15g	Total Sugars: 19g	Total Sugars: 26g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 26g	Protein: 34g	Protein: 45g
Calcium: 15%	Calcium: 19%	Calcium: 26%
Iron: 11%	Iron: 14%	Iron: 19%

Soul Boulder w/ Hemp Protein		
Small	**Medium**	**Large**
Calories: 524	Calories: 716	Calories: 992
Fat: 21.9g	Fat: 33.2g	Fat: 47.3g
Sat Fat: 4.4g	Sat Fat: 5.6g	Sat Fat: 8.0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 54mg	Sodium: 70mg	Sodium: 100mg
Carbs: 73g	Carbs: 93g	Carbs: 126g
Dietary Fiber: 9g	Dietary Fiber: 12g	Dietary Fiber: 17g
Total Sugars: 14g	Total Sugars: 18g	Total Sugars: 25g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 11g	Protein: 14g	Protein: 19g
Calcium: 7%	Calcium: 9%	Calcium: 12%
Iron: 16%	Iron: 21%	Iron: 28%

Soul Boulder w/ Pea Protein		
Small	**Medium**	**Large**
Calories: 517	Calories: 707	Calories: 981
Fat: 21.2g	Fat: 32.2g	Fat: 46.0g
Sat Fat: 4.2g	Sat Fat: 5.5g	Sat Fat: 7.8g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 118mg	Sodium: 155mg	Sodium: 215g
Carbs: 72g	Carbs: 91g	Carbs: 124g
Dietary Fiber: 8g	Dietary Fiber: 11g	Dietary Fiber: 15g
Total Sugars: 14g	Total Sugars: 18g	Total Sugars: 25g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 12g	Protein: 16g	Protein: 21g
Calcium: 7%	Calcium: 9%	Calcium: 12%
Iron: 16%	Iron: 22%	Iron: 29%

Strawberry Cloud		
Small	**Medium**	**Large**
Calories: 439	Calories: 655	Calories: 889
Fat: 22.1g	Fat: 34.4g	Fat: 46.9g
Sat Fat: 13.3g	Sat Fat: 18.3g	Sat Fat: 23.4g
Cholesterol: 36mg	Cholesterol: 48mg	Cholesterol: 64mg
Sodium: 47mg	Sodium: 63mg	Sodium: 184mg
Carbs: 39g	Carbs: 58g	Carbs: 79g
Dietary Fiber: 3g	Dietary Fiber: 5g	Dietary Fiber: 6g
Total Sugars: 29g	Total Sugars: 45g	Total Sugars: 61g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 20g	Protein: 26g	Protein: 35g
Calcium: 113%	Calcium: 18%	Calcium: 23%
Iron: 9%	Iron: 12%	Iron: 16%

Wild Child		
Small	**Medium**	**Large**
Calories: 323	Calories: 419	Calories: 558
Fat: 5g	Fat: 7g	Fat: 9g
Sat Fat: 4g	Sat Fat: 5g	Sat Fat: 7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 93mg	Sodium: 120mg	Sodium: 160mg
Carbs: 66g	Carbs: 86g	Carbs: 114g
Dietary Fiber: 5g	Dietary Fiber: 5g	Dietary Fiber: 6g
Total Sugars: 25g	Total Sugars: 33g	Total Sugars: 44g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 9g	Protein: 11g	Protein: 15g
Calcium: 62mg	Calcium: 81mg	Calcium: 108mg
Iron: 3mg	Iron: 4mg	Iron: 6mg

Wundershowzen			
Kids	**Small**	**Medium**	**Large**
Calories: 251	Calories: 408	Calories: 502	Calories: 698
Fat: 8.7g	Fat: 15.1g	Fat: 17.3g	Fat: 25.2g
Sat Fat: 1.3g	Sat Fat: 2.3g	Sat Fat: 2.5g	Sat Fat: 3.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 60mg	Sodium: 93mg	Sodium: 120mg	Sodium: 173mg
Carbs: 42g	Carbs: 66g	Carbs: 83g	Carbs: 113g
Dietary Fiber: 6g	Dietary Fiber: 9g	Dietary Fiber: 12g	Dietary Fiber: 16g
Total Sugars: 25g	Total Sugars: 37g	Total Sugars: 47g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 6g	Protein: 11g	Protein: 13g	Protein: 18g
Calcium: 5%	Calcium: 7%	Calcium: 9%	Calcium: 13%
Iron: 9%	Iron: 14%	Iron: 18%	Iron: 25%

SMOOTHIE BOWLS

Acai Bowl	Small Acai Bowl	Cacaoconut Bowl	Small Cacaoconut Bowl	Mango Dragon Acai Bowl	Small Mango Dragon Acai Bowl	Bam Bam Bowl	Berry Godmother Bowl	Clementine Bowl	Cosmic Charlie Bowl	Double Choco Coconuts Bowl
Calories: 872	Calories: 383	Calories: 792	Calories: 374	Calories: 940	Calories: 406	Calories: 998	Calories: 707	Calories: 703	Calories: 970	Calories: 751
Fat: 28.1g	Fat: 13.6g	Fat: 17.6g	Fat: 8.5g	Fat: 27.2g	Fat: 15.2	Fat: 47g	Fat: 23.9g	Fat: 23.7g	Fat: 40.0g	Fat: 39g
Sat Fat: 0.5g	Sat Fat: 0.2g	Sat Fat: 3.1g	Sat Fat: 1.5g	Sat Fat: 12.4g	Sat Fat: 8.1g	Sat Fat: 1.4g	Sat Fat: 0.5g	Sat Fat: 0.5g	Sat Fat: 5.8g	Sat Fat: 10.0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 28mg	Cholesterol: 0mg
Sodium: 179mg	Sodium: 83mg	Sodium: 180mg	Sodium: 84mg	Sodium: 180mg	Sodium: 84mg	Sodium: 159mg	Sodium: 94mg	Sodium: 94mg	Sodium: 183mg	Sodium: 154mg
Carbs: 148g	Carbs: 62g	Carbs: 153g	Carbs: 72g	Carbs: 167g	Carbs: 64g	Carbs: 134g	Carbs: 119g	Carbs: 118 g	Carbs: 121g	Carbs: 88g
Dietary Fiber: 8g	Dietary Fiber: 3g	Dietary Fiber: 10g	Dietary Fiber: 5g	Dietary Fiber: 11g	Dietary Fiber: 4g	Dietary Fiber: 13g	Dietary Fiber: 12g	Dietary Fiber: 9g	Dietary Fiber: 13g	Dietary Fiber: 11g
Total Sugars: 59g	Total Sugars: 27g	Total Sugars: 61g	Total Sugars: 28g	Total Sugars: 81g	Total Sugars: 38g	Total Sugars: 47g	Total Sugars: 53g	Total Sugars: 42g	Total Sugars: 46g	Total Sugars: 20g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 8g	Protein: 4g	Protein: 7g	Protein: 4g	Protein: 8g	Protein: 4g	Protein: 17g	Protein: 10g	Protein: 10g	Protein: 27g	Protein: 15g
Calcium: 10%	Calcium: 4%	Calcium: 10%	Calcium: 5%	Calcium: 10%	Calcium: 4%	Calcium: 15%	Calcium: 13%	Calcium: 11%	Calcium: 19%	Calcium: 11%
Iron: 14%	Iron: 7%	Iron: 13%	Iron: 7%	Iron: 14%	Iron: 7%	Iron: 32%	Iron: 29%	Iron: 21%	Iron: 26%	Iron: 27%

Dragon Fruit Bowl	Home Run Bowl	Honey Beary Bowl	Cosmic Charlie Bowl-Tarrytown Location	Double Choco Coconuts Bowl-Tarrytown Location	Karma Chamelon Bowl-Tarrytown Location	Karma Chameleon Bowl Small-Tarrytown Location	Honey Beary Bowl-Tarrytown Location	Morning Sunshine Bowl-Tarrytown Location	I Dream of Greenie Bowl	Julio Verde Bowl
Calories: 697	Calories: 736	Calories: 817	Calories: 986	Calories: 838	Calories: 949	Calories: 453	Calories: 818	Calories: 805	Calories: 716	Calories: 926
Fat: 27.2g	Fat: 23.6g	Fat: 30.9g	Fat: 40.4g	Fat: 40.6g	Fat: 42.4g	Fat: 20.9g	Fat: 30.9	Fat: 23.8g	Fat: 29.8g	Fat: 44.9g
Sat Fat: 0.9g	Sat Fat: 0.5g	Sat Fat: 6.0g	Sat Fat: 5.7g	Sat Fat: 10.4g	Sat Fat: 25.4g	Sat Fat: 12.7g	Sat Fat: 6.0g	Sat Fat: 0.5g	Sat Fat: 1.2g	Sat Fat: 1.9g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 105mg	Sodium: 90mg	Sodium: 210mg	Sodium: 366mg	Sodium: 367mg	Sodium: 180mg	Sodium: 84mg	Sodium: 211mg	Sodium: 86mg	Sodium: 129mg	Sodium: 142mg
Carbs: 109g	Carbs: 126g	Carbs: 116g	Carbs: 127g	Carbs: 96g	Carbs: 132g	Carbs: 62g	Carbs: 115g	Carbs: 142g	Carbs: 105g	Carbs: 125g
Dietary Fiber: 12g	Dietary Fiber: 10g	Dietary Fiber: 13g	Dietary Fiber: 16g	Dietary Fiber: 13g	Dietary Fiber: 8g	Dietary Fiber: 4g	Dietary Fiber: 13g	Dietary Fiber: 10g	Dietary Fiber: 10g	Dietary Fiber: 14g
Total Sugars: 58g	Total Sugars: 40g	Total Sugars: 46g	Total Sugars: 46g	Total Sugars: 21g	Total Sugars: 74g	Total Sugars: 34g	Total Sugars: 45g	Total Sugars: 45g	Total Sugars: 17g	Total Sugars: 70g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 11g	Protein: 9g	Protein: 14g	Protein: 27g	Protein: 29g	Protein: 9g	Protein: 5g	Protein: 14g	Protein: 11g	Protein: 14g	Protein: 14g
Calcium: 16%	Calcium: 10%	Calcium: 11%	Calcium: 16%	Calcium: 13%	Calcium: 11%	Calcium: 5%	Calcium: 11%	Calcium: 11%	Calcium: 11%	Calcium: 17%
Iron: 29%	Iron: 21%	Iron: 19%	Iron: 43%	Iron: 46%	Iron: 15%	Iron: 7%	Iron: 18%	Iron: 24%	Iron: 25%	Iron: 28%

Karma Chamelon Bowl	Karma Chameleon Bowl Small	Morning Sunshine Bowl	Originator Bowl	Peachy Green Bowl	Peanut ButterProtein Sundae Bowl	Rehydrator Bowl	Soul Boulder Bowl	Wundershowzen Bowl
Calories: 839	Calories: 359	Calories: 805	Calories: 909	Calories: 668	Calories: 939	Calories: 730	Calories: 996	Calories: 927
Fat: 20.3g	Fat: 8.5g	Fat: 23.8g	Fat: 34.5g	Fat: 23.9g	Fat: 31.1g	Fat: 29.9g	Fat: 45.7g	Fat: 41.7g
Sat Fat: 2.9g	Sat Fat: 1.4g	Sat Fat: 0.5g	Sat Fat: 2.2g	Sat Fat: 0.5g	Sat Fat: 7.0g	Sat Fat: 0.5g	Sat Fat: 5.7g	Sat Fat: 3.1g
Cholesterol: 11mg	Cholesterol: 6mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 37mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 245mg	Sodium: 103mg	Sodium: 86mg	Sodium: 168mg	Sodium: 131mg	Sodium: 249mg	Sodium: 151mg	Sodium: 147mg	Sodium: 186mg
Carbs: 146g	Carbs: 62g	Carbs: 142g	Carbs: 142g	Carbs: 109g	Carbs: 122g	Carbs: 113g	Carbs: 136g	Carbs: 130g
Dietary Fiber: 9g	Dietary Fiber: 4g	Dietary Fiber: 10g	Dietary Fiber: 11g	Dietary Fiber: 9g	Dietary Fiber: 14g	Dietary Fiber: 11g	Dietary Fiber: 14g	Dietary Fiber: 16g
Total Sugars: 78g	Total Sugars: 34g	Total Sugars: 45g	Total Sugars: 35g	Total Sugars: 36g	Total Sugars: 33g	Total Sugars: 46g	Total Sugars: 27g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 20g	Protein: 9g	Protein: 11g	Protein: 15g	Protein: 10g	Protein: 33g	Protein: 11g	Protein: 16g	Protein: 21g
Calcium: 22%	Calcium: 10%	Calcium: 11%	Calcium: 11%	Calcium: 12%	Calcium: 21%	Calcium: 10%	Calcium: 13%	Calcium: 18%
Iron: 19%	Iron: 8%	Iron: 24%	Iron: 22%	Iron: 22%	Iron: 24%	Iron: 20%	Iron: 24%	Iron: 33%

Bowl Upgrade
Small Smoothie + 518 Calories

Our bowls are topped with granola which contains: sesame seeds, coconut oil, date syrup,brown sugar, gluten-free oats, groats, sea salt & gluten-free flour (garbanzo bean, potato starch, whole grain white sorghum, tapioca & fava bean)

JUICE | MADE TO ORDER

Ninja Bachelor Party

Small	Medium	Large
Calories: 148	Calories: 192	Calories: 255
Fat: 1g	Fat: 1g	Fat: 1g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 203mg	Sodium: 264mg	Sodium: 351mg
Carbs: 33g	Carbs: 43g	Carbs: 57g
Dietary Fiber: 2g	Dietary Fiber: 3g	Dietary Fiber: 4g
Total Sugars: 22g	Total Sugars: 28g	Total Sugars: 37g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g
Potassium: 635mg	Potassium: 825mg	Potassium: 1098mg
Calcium: 122mg	Calcium: 159mg	Calcium: 212mg
Iron: 2mg	Iron: 3mg	Iron: 3mg

Pleasant Valley

Small	Medium	Large
Calories: 181	Calories: 233	Calories: 311
Fat: 0g	Fat: 0g	Fat: 0g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 2mg	Sodium: 3mg	Sodium: 4mg
Carbs: 42g	Carbs: 53g	Carbs: 71g
Dietary Fiber: 1g	Dietary Fiber: 1g	Dietary Fiber: 2g
Total Sugars: 35g	Total Sugars: 45g	Total Sugars: 60g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 2g	Protein: 3g
Potassium: 618mg	Potassium: 795mg	Potassium: 1060mg
Calcium: 29mg	Calcium: 37mg	Calcium: 49mg
Iron: 1mg	Iron: 1mg	Iron: 1mg

Recovery Punch

Small	Medium	Large
Calories:181	Calories: 235	Calories: 314
Fat: 2g	Fat: 2.1g	Fat: 3.7g
Sat Fat: 0.7g	Sat Fat: 1g	Sat Fat: 1.5g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 31mg	Sodium: 40mg	Sodium: 52mg
Carbs: 42g	Carbs: 54g	Carbs: 72g
Dietary Fiber: 2g	Dietary Fiber: 2g	Dietary Fiber: 3g
Total Sugars: 35g	Total Sugars: 45g	Total Sugars: 60g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 1g	Protein: 2g
Potassium: 564mg	Potassium: 732mg	Potassium: 974mg
Calcium: 55mg	Calcium: 71mg	Calcium: 94mg
Iron: 2mg	Iron: 2mg	Iron: 3mg

Tigerlilly

Small	Medium	Large
Calories: 99	Calories: 128	Calories: 171
Fat: 0g	Fat: 0g	Fat: 0g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 198mg	Sodium: 257mg	Sodium: 342mg
Carbs: 12g	Carbs: 16g	Carbs: 22g
Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 5g
Total Sugars: 5g	Total Sugars: 6g	Total Sugars: 8g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g
Potassium: 605mg	Potassium: 786mg	Potassium: 1045mg
Calcium: 43mg	Calcium: 56mg	Calcium: 75mg
Iron: 2mg	Iron: 2mg	Iron: 3mg

Beets Mode

Small	Medium	Large
Calories: 236	Calories: 299	Calories: 397
Fat: 1.3g	Fat: 1.6g	Fat: 2.1g
Sat Fat: 0.2g	Sat Fat: 0.3g	Sat Fat: 0.3g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 393mg	Sodium: 498mg	Sodium: 660mg
Carbs: 55g	Carbs: 69g	Carbs: 92g
Dietary Fiber: 15g	Dietary Fiber: 20g	Dietary Fiber: 26g
Total Sugars: 30g	Total Sugars: 38g	Total Sugars: 51g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 6g	Protein: 8g	Protein: 11g
Calcium: 16% DV	Calcium: 19 % DV	Calcium: 25% DV
Iron: 14% DV	Iron: 18% DV	Iron: 24% DV

Tree of Life

Small	Medium	Large
Calories: 192	Calories: 248	Calories: 330
Fat: 1g	Fat: 1g	Fat: 2g
Sat Fat: 6.3g	Sat Fat: 9.1g	Sat Fat: 11.8g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 218mg	Sodium: 285mg	Sodium: 379mg
Carbs: 35g	Carbs: 46g	Carbs: 61g
Dietary Fiber: 5g	Dietary Fiber: 6g	Dietary Fiber: 7g
Total Sugars: 13g	Total Sugars: 17g	Total Sugars: 23g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 3g	Protein: 4g	Protein: 6g
Vitamin C: 0	Vitamin C: 0	Vitamin C: 0
Calcium: 107mg	Calcium: 140mg	Calcium: 186mg
Iron: 2mg	Iron: 3mg	Iron: 4mg

Watermelon

Small	Medium	Large
Calories: 132	Calories: 171	Calories: 227
Fat: 2g	Fat: 2g	Fat: 3g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 9mg	Sodium: 11mg	Sodium: 15mg
Carbs: 30g	Carbs: 38g	Carbs: 54g
Dietary Fiber: 2g	Dietary Fiber: 4g	Dietary Fiber: 3g
Total Sugars: 31g	Total Sugars: 41g	Total Sugars: 54g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 0g	Protein: 0g	Protein: 0g
Potassium: 478mg	Potassium: 621mg	Potassium: 826mg
Calcium: 45mg	Calcium: 59mg	Calcium: 78mg
Iron: 2mg	Iron: 2mg	Iron: 3mg

JUICE | BOTTLED

Golden Glow	Green Cleanse	Junglelilly	Recovery Punch	TigerLilly	Blue Magic Lemonade	Strawberry Dragonfruit Lemonade	Strawberry Milk	Chocolate Protein Milk
12oz	**12oz**	**12oz**	**12oz**	**12oz**	**16oz**	**16oz**	**12oz**	**12oz**
Calories: 203	Calories: 99	Calories: 131	Calories: 128	Calories: 37.5	Calories: 211	Calories: 214	Calories: 285	Calories: 314
Fat: .75g	Fat: 9g	Fat: 0g	Fat: .75g	Fat: 1g	Fat: 0.1g	Fat: 0.1g	Fat: 12.6g	Fat: 12.9g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 2.5g	Sat Fat: 2.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 25mg
Sodium: 15mg	Sodium: 99mg	Sodium: 101mg	Sodium: 68mg	Sodium: 203mg	Sodium: 7mg	Sodium: 7mg	Sodium: 9mg	Sodium: 47mg
Carbs: 46g	Carbs: 19g	Carbs: 27g	Carbs: 28.5g	Carbs: 6g	Carbs: 53g	Carbs: 53g	Carbs: 41g	Carbs: 14g
Dietary Fiber: 1.5g	Dietary Fiber: 3.4g	Dietary Fiber: 1.5g	Dietary Fiber: 0g	Dietary Fiber: 1g	Dietary Fiber: 1g	Dietary Fiber: 1g	Dietary Fiber: 3g	Dietary Fiber: 4g
Total Sugars: 36g	Total Sugars: 12g	Total Sugars: 18g	Total Sugars: 25.5g	Total Sugars: 4.5g	Total Sugars: 50g	Total Sugars: 51g	Total Sugars: 30g	Total Sugars: 21g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 3.75g	Protein: 1.1g	Protein: 2.25g	Protein: 1.5g	Protein: 1.5g	Protein: 0g	Protein: 0g	Protein: 5g	Protein: 20g
Potassium: 898mg	Potassium: 382.12g	Potassium: 600mg	Potassium: 532mg	Potassium: 816mg	Potassium: 0mg	Potassium: 0mg	Potassium: 0mg	Potassium: 3% DV
Calcium: 67mg	Calcium: 33mg	Calcium: 108mg	Calcium: 46.5mg	Calcium: 148.5mg	Calcium: 0mg	Calcium: 2% DV	Calcium: 2% DV	Calcium: 8% DV
Iron: 1.5mg	Iron: 11.1g	Iron: 1.5 mg	Iron: 0mg	Iron: 0mg	Iron: 0mg	Iron: 12% DV	Iron: 12% DV	Iron: 15% DV

HOT FOOD

Egg, Pesto & Sundried Tomato, Spinach Wrap
Calories: 393
Fat: 17.4g
Sat Fat: 6.2g
Cholesterol: 280mg
Sodium: 963mg
Carbs: 38g
Dietary Fiber: 4g
Total Sugars: 4g
Added Sugars: 2g
Protein: 19g
Calcium: 16%
Iron: 12%
Vital Farm Eggs, Cottage Cheese *(cultured Skim Milk, cream, salt),* **Pesto** *(olive oil, cashew, basil, spinach, lemon juice, garlic, salt, black pepper),* **Shredded Cheese** *(pasteurized milk, salt, cheese cultures, enzymes, annatto),* **Sundried Tomatoes, Spinach, Arrow Root, Salt, Pepper, Garlic Flakes. Tortilla** *(Wheat Flour Unbleached Untreated, Water, Canola Oil, Phytosterol Esters And Palm Oil), Baking Powder (sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt)*

Chorizo & Cheese Egg Wrap
Calories: 349
Fat: 16.4 g
Sat Fat: 6.5g
Cholesterol: 280mg
Sodium: 865mg
Carbs: 33g
Dietary Fiber: 4g
Total Sugars: 0g
Added Sugars: 0g
Protein: 19g
Calcium: 17%
Iron: 13%
Vital Farm Eggs, Cottage Cheese *(cultured Skim Milk, cream, salt),* **Veggie Chorizo** *(Shiitake Mushroom (89%) (Naturally Occurring Sulphites), Coconut Oil, Yeast Extract, Mushroom Powder, Salt, chili powder, garlic powder, onion powder, oregano, smoked paprika, cumin, annatto, salt, coriander powder, apple cider vinegar, olive oil)* **Shredded Cheese** *(pasteurized milk, salt, cheese cultures, enzymes, annatto),* **Arrow Root, Salt, Pepper, Garlic Flakes. Tortilla** *(Wheat Flour Unbleached Untreated, Water, Canola Oil, Phytosterol Esters And Palm Oil), Baking Powder (sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), salt)*

Tex Mex Wrap
Calories: 517
Fat: 25.3g
Sat Fat: 8.6g
Cholesterol: 280mg
Sodium: 1,123mg
Carbs: 52g
Dietary Fiber: 10g
Total Sugars: 0g
Added Sugars: 0g
Protein: 25g
Calcium: 21%
Iron: 23%
Veggie Taco *(Shiitake Mushroom (89%) (Naturally Occurring Sulphites), Coconut Oil, Yeast Extract, Mushroom Powder, Salt, chili powder, ground cumin, garlic powder, onion powder, paprika, sea salt, black pepper, dried oregano, sugar, cayenne pepper, cornstarch)* **Black Bean Dip** *(Black beans, cilantro, tomatoes, jalapeno, red onion, lime juice, cumin, salt),* **Shredded Cheese** *(pasteurized milk, salt, cheese cultures, enzymes, annatto),* **Tortilla** *(Wheat Flour Unbleached Untreated, Water, Canola Oil, Phytosterol Esters And Palm Oil, Baking Powder (sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt)*

Spinach Egg Bites
Calories: 172
Fat: 11.7g
Sat Fat: 4.8g
Cholesterol: 300mg
Sodium: 518mg
Carbs: 3g
Dietary Fiber: 0g
Total Sugars: 0g
Added Sugars: 0g
Protein: 14g
Calcium: 12%
Iron: 9%
Vital Farm Eggs, Cottage Cheese *(cultured Skim Milk, cream, salt),* **Shredded Cheese** *(pasteurized milk, salt, cheese cultures, enzymes, annatto),* **Spinach, Arrow Root, Salt, Pepper, Garlic Flakes.**

Potato Egg Bites
Calories: 200
Fat: 12.5g
Sat Fat: 4.9g
Cholesterol: 300mg
Sodium: 376mg
Carbs: 7g
Dietary Fiber: 1g
Total Sugars: 0g
Added Sugars: 0g
Protein: 15g
Calcium: 11%
Iron: 10%
Vital Farm Eggs, Cottage Cheese *(cultured Skim Milk, cream, salt),* **Shredded Cheese** *(pasteurized milk, salt, cheese cultures, enzymes, annatto),* **Home Fries** *(potatoes, salt,olive oil),* **Arrow Root, Salt, Pepper, Garlic Flakes.**

Pesto Grilled Cheese
Calories: 508
Fat: 27.0g
Sat Fat: 10.8g
Cholesterol: 48mg
Sodium: 1,000mg
Carbs: 43g
Dietary Fiber: 6g
Total Sugars: 0g
Added Sugars: 0g
Protein: 20g
Calcium: 34%
Iron: 2%
New World Bakery Sour Dough Bread *(unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, salt, sourdough starter (wheat flour, water, natural cultures), yeast),* **Provolone Cheese** *(pasteurized milk, cheese cultures, salt, enzymes),* **Pesto** *(olive oil, cashew, basil, spinach, lemon juice, garlic, salt, black pepper),* **Olive Oil**

Cheddar + Provolone Grilled Cheese
Calories: 417
Fat: 17.7g
Sat Fat: 10.9g
Cholesterol: 54mg
Sodium: 903mg
Carbs: 41g
Dietary Fiber: 6g
Total Sugars: 0g
Added Sugars: 0g
Protein: 19g
Calcium: 33%
Iron: 1%
New World Bakery Sour Dough Bread *(unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, salt, sourdough starter (wheat flour, water, natural cultures), yeast),* **Provolone Cheese** *(pasteurized milk, cheese cultures, salt, enzymes),* **Cheddar Cheese** *(pasteurized milk, salt, cheese cultures, enzymes, annatto),* **Olive Oil**

Salsas
Fresno: Red Onion, Garlic, Tomatoes, Lime Juice, Oil, Salt, Black Pepper, Fresno Peppers, Habanero Powder
Serrano: Serranos, Yellow Onion, Carrot. Garlic, Olive Oil, Vinegar, Orange Juice, Lime Juice, Salt, White Sugar

PLANT-BASED MEALS

Mannawich	Dragon Fruit Overnight Oats	Mid East Feast	Frijole Roller	Rainbow Quinoa Salad	Spring Roll Bowl	Queso Roller	Banh Mi Wrap	Greek Wrap	Pesto Pasta	Chai Chia Parfait
Calories: 605	Calories: 420	Calories: 408	Calories: 659	Calories: 257	Calories: 440	Calories: 800	Calories: 310	Calories: 300	Calories: 543	Calories: 428
Fat: 37.2g	Fat: 26g	Fat: 29g	Fat: 29g	Fat: 17g	Fat: 17g	Fat: 30g	Fat: 17g	Fat: 13g	Fat: 52.4g	Fat: 23.8g
Sat Fat: 3.3g	Sat Fat: 2.5g	Sat Fat: 4g	Sat Fat: 4g	Sat Fat: 2g	Sat Fat: 2.5g	Sat Fat: 4g	Sat Fat: 5g	Sat Fat: 6g	Sat Fat: 10.2g	Sat Fat: 13.9g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 10mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 297mg	Sodium: 120mg	Sodium: 642mg	Sodium: 819mg	Sodium: 436mg	Sodium: 1440mg	Sodium: 1160mg	Sodium: 1100mg	Sodium: 720mg	Sodium: 609mg	Sodium: 32mg
Carbs: 65g	Carbs: 43g	Carbs: 33g	Carbs: 85g	Carbs: 23g	Carbs: 59g	Carbs: 102g	Carbs: 30g	Carbs: 36g	Carbs: 16g	Carbs: 48g
Dietary Fiber: 15g	Dietary Fiber: 9g	Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 4g	Dietary Fiber: 4g	Dietary Fiber: 6g	Dietary Fiber: 11g	Dietary Fiber: 9g	Dietary Fiber: 3g	Dietary Fiber: 9g
Total Sugars: 18g	Total Sugars: 15g	Total Sugars: 5g	Total Sugars: 6g	Total Sugars: 6g	Total Sugars: 9g	Total Sugars: 8g	Total Sugars: 1g	Total Sugars: 1g	Total Sugars: 3g	Total Sugars: 30g
Added Sugars: 0g	Added Sugars: 9g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 1g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 1g	Added Sugars: 6g
Protein: 13g	Protein: 16g	Protein: 2g	Protein: 18g	Protein: 6g	Protein: 18g	Protein: 30g	Protein: 8g	Protein: 11g	Protein: 4g	Protein: 7g
Potassium: 7% DV	Potassium: 273mg	Potassium: 460mg	Potassium: 1213mg	Potassium: 435mg	Potassium: 453mg	Potassium: 1438mg	Potassium: 330mg	Calcium: 15% DV	Calcium: 3% DV	Calcium: 12% DV
Calcium: 4% DV	Calcium: 83mg	Calcium: 69mg	Calcium: 137mg	Calcium: 47mg	Calcium: 471mg	Calcium: 156mg	Calcium: 100mg	Iron: 10% DV	Iron: 9% DV	Iron: 13% DV
Iron: 12% DV	Iron: 2mg	Iron: 4mg	Iron: 4mg	Iron: 2mg	Iron: 4mg	Iron: 10mg	Iron: 2.2mg			

Berry Peanut Butter Oatmeal	Apple Cinnamon Oatmeal	Strawberry Chocolate Almond Butter Oatmeal	Chocolate Coconut Pudding	Lemon Sea Moss Pudding	Choco Brownie	Peanut Butter Protein Cookie	Mango Coconut Almond Oatmeal
Calories: 415	Calories: 362	Calories: 513	Calories: 183	Calories: 168	Calories: 328	Calories: 293	Calories: 444
Fat: 13.1g	Fat: 9.4g	Fat: 24.2g	Fat: 7.8g	Fat: 7.1g	Fat: 18.1g	Fat: 14.2g	Fat: 18.7g
Sat Fat: 0,7g	Sat Fat: 0g	Sat Fat: 3.8g	Sat Fat: 3.3g	Sat Fat: 2.9g	Sat Fat: 3.0g	Sat Fat: 3.1g	Sat Fat: 1.4g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 19mg	Cholesterol: 0mg
Sodium: 89mg	Sodium: 87mg	Sodium: 87mg	Sodium: 224mg	Sodium: 19mg	Sodium: 1643mg	Sodium: 117mg	Sodium: 87mg
Carbs: 66g	Carbs: 62g	Carbs: 57g	Carbs: 26g	Carbs: 25g	Carbs: 32g	Carbs: 29g	Carbs: 59g
Dietary Fiber: 9g	Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 6g	Dietary Fiber: 4g	Dietary Fiber: 7g	Dietary Fiber: 1g	Dietary Fiber: 9g
Total Sugars: 25g	Total Sugars: 26g	Total Sugars: 16g	Total Sugars: 15g	Total Sugars: 17g	Total Sugars: 8g	Total Sugars: 3g	Total Sugars: 20g
Protein: 8g	Protein: 7g	Protein: 11g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Vitamin A: 1% DV	Vitamin A: 1% DV	Vitamin A: 0% DV	Protein: 3g	Protein: 1g	Protein: 6g	Protein: 15g	Protein: 11g
Calcium: 4% DV	Calcium: 3% DV	Calcium: 7% DV	Calcium: 3% DV	Calcium: 2% DV	Calcium: 48% DV	Calcium: 5% DV	Calcium: 5% DV
Iron: 17% DV	Iron: 15% DV	Iron: 19% DV	Iron: 5% DV	Iron: 9% DV	Iron: 13% DV	Iron: 3% DV	Iron: 18% DV
Vitamin C: 91% DV	Vitamin C: 1% DV	Vitamin C: 1% DV					

WELLNESS & ENERGY SHOTS

Blue Dream	B-12	Guayusa/Yerba Maté	Dr. Doctor	Liquid Gold	Vitamin Sea Moss	Live Wire: Tropical	Live Wire: Yuzu Lemon Lime
Calories: 48	Calories: 18	Calories: 18	Calories: 44	Calories: 44	Calories: 27	Calories: 53	Calories: 37
Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0.1g	Fat: 0.0g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 10mg	Sodium: 6mg	Sodium: 6mg	Sodium: 4mg	Sodium: 12mg	Sodium: 12mg	Sodium: 2mg	Sodium: 1mg
Carbs: 13g	Carbs: 5g	Carbs: 5g	Carbs: 6g	Carbs: 12g	Carbs: 6g	Carbs: 13g	Carbs: 9g
Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 1g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 0g
Total Sugars: 3g	Total Sugars: 2g	Total Sugars: 2g	Total Sugars: 2g	Total Sugars: 1g	Total Sugars: 6g	Total Sugars: 12g	Total Sugars: 12g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 0g	Protein: 0g	Protein: 1g	Protein: 2g	Protein: 0g	Protein: 0g	Protein: 0g
Potassium: 238mg	Potassium: 0mg	Potassium: 0mg	Potassium: 131mg	Potassium: 263mg	Potassium: 0mg	Potassium: 0mg	Potassium: 0mg
Calcium: 13mg	Calcium: 0mg	Calcium: 0mg	Calcium: 11mg	Calcium: 2mg	Calcium: 1% DV	Calcium: 0% DV	Calcium: 0% DV

AGUA FRESCAS

Levitator		
Small	**Medium**	**Large**
Calories: 171	Calories: 216	Calories: 276
Fat: 0.4	Fat: 0.7g	Fat: 0.6g
Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 6mg	Sodium: 7mg	Sodium: 9mg
Carbs: 42g	Carbs: 52g	Carbs: 65g
Dietary Fiber: 2g	Dietary Fiber: 3g	Dietary Fiber: 2g
Total Sugars: 32g	Total Sugars: 40g	Total Sugars: 50g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 2g	Protein: 2g
Calcium: 4%	Calcium: 5%	Calcium: 6%
Iron: 5%	Iron: 7%	Iron: 9%

LATTES & TONICS

Matcha Latte	Mocha Latte	Golden Milk Coffee Latte	Iced Coffee w/ Oat Milk	Iced Coffee w/ water	Liquid Gold Drop	Hot Chocolate	Fixer Elixir	Mango Buzz Slush
Calories: 296	Calories: 200	Calories: 175	Calories: 37	Calories: 2	Calories: 93	Calories: 304	Calories: 90	Calories: 313
Fat: 14.3g	Fat: 9.4g	Fat: 8.8g	Fat: 1.8g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g
Sat Fat: 0.7g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.1g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0.7g	Sat Fat: 0g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 152mg	Sodium: 80mg	Sodium: 80mg	Sodium: 29mg	Sodium: 4mg	Sodium: 26mg	Sodium: 152mg	Sodium: 7mg	Sodium: 7mg
Carbs: 34g	Carbs: 23g	Carbs: 20g	Carbs: 4g	Carbs: 0g	Carbs: 26g	Carbs: 35g	Carbs: 22g	Carbs: 79g
Dietary Fiber: 5g	Dietary Fiber: 4g	Dietary Fiber: 3g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 6g	Dietary Fiber: 0g	Dietary Fiber: 4g
Total Sugars: 18g	Total Sugars: 13g	Total Sugars: 13g	Total Sugars: 2g	Total Sugars: 0g	Total Sugars: 13g	Total Sugars: 18g	Total Sugars: 13g	Total Sugars: 74g
Protein: 6g	Protein: 4g	Protein: 2g	Protein: 1g	Added Sugars: 0g	Added Sugars: 11g	Added Sugars: 18g	Added Sugars: 11g	Added Sugars: 0g
Calcium: 50%	Calcium:24%	Calcium: 26mg	Calcium:9%	Protein: 0g	Protein: 2g	Protein: 6g	Protein: 0g	Protein: 0g
Iron: 8%	Iron: 7%	Iron: 0mg	Iron: 0%	Potassium: 2%	Potassium: 302mg	Iron: 8%	Potassium: 11mg	Iron: 3%
				Calcium: 0%	Calcium: 14mg	Calcium: 50%	Calcium: 0mg	Calcium: 2%

Strawberry Matcha Latte		
Small	**Medium**	**Large**
Calories: 239	Calories: 316	Calories: 418
Fat: 6.5g	Fat: 8.3g	Fat: 10.4g
Sat Fat: 0.4g	Sat Fat: 0.5g	Sat Fat: 0.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 91mg	Sodium: 117mg	Sodium: 144mg
Carbs: 40g	Carbs: 55g	Carbs: 73g
Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 8g
Total Sugars: 28g	Total Sugars: 40g	Total Sugars: 52g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 8g
Potassium: 0mg	Potassium: 0mg	Potassium: 0mg
Calcium: 33%	Calcium: 42%	Calcium: 53%
Iron: 7%	Iron: 8%	Iron: 13%

Fruit Swirl Matcha Latte		
Small	**Medium**	**Large**
Calories: 239	Calories: 322	Calories: 426
Fat: 6.5g	Fat: 8.3g	Fat: 10.4g
Sat Fat: 0.4g	Sat Fat: 0.5g	Sat Fat: 0.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 91mg	Sodium: 117mg	Sodium: 144mg
Carbs: 41g	Carbs: 57g	Carbs: 75g
Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 8g
Total Sugars: 29g	Total Sugars: 42g	Total Sugars: 55g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 8g
Potassium: 0mg	Potassium: 0mg	Potassium: 826mg
Calcium: 33%	Calcium: 42%	Calcium: 54%
Iron: 7%	Iron: 7%	Iron: 13%

Mango Passionfruit Matcha Latte		
Small	**Medium**	**Large**
Calories: 243	Calories: 328	Calories: 433
Fat: 6.5g	Fat: 8.3g	Fat: 10.4gg
Sat Fat: 0.4g	Sat Fat: 0.6g	Sat Fat: 0.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 90mg	Sodium: 117 mg	Sodium: 143mg
Carbs: 42g	Carbs: 58g	Carbs: 77g
Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 8g
Total Sugars: 30g	Total Sugars: 44g	Total Sugars: 58g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 8g
Potassium: 0g	Potassium: 0mg	Potassium: 0mg
Calcium: 33%	Calcium: 42%	Calcium: 53%
Iron: 6%	Iron: 7%	Iron: 12%

SMOOTHIE LYTE

Bam Bam Lyte		
Small	**Medium**	**Large**
Calories: 351.5	Calories: 569.5	Calories: 797.5
Fat: 18.7g	Fat: 36.2g	Fat: 52.6g
Carbs: 47.5g	Carbs: 62.5g	Carbs: 83.5g
Total Sugars: 30g	Total Sugars: 39g	Total Sugars: 52g
Protein: 7.125g	Protein: 9.875g	Protein: 13.375g

Berry Godmother Lyte		
Small	**Medium**	**Large**
Calories: 100	Calories: 128	Calories: 165
Fat: 1.1g	Fat: 1.3g	Fat: 1.7g
Carbs: 26g	Carbs: 33g	Carbs: 42g
Total Sugars: 15g	Total Sugars: 19g	Total Sugars: 25g
Protein: 2g	Protein: 3g	Protein: 4g

Cosmic Charlie Lyte		
Small	**Medium**	**Large**
Calories: 375	Calories: 468	Calories: 630
Fat: 13.3g	Fat: 15.2g	Fat: 21.5g
Carbs: 36.5g	Carbs: 46.5g	Carbs: 62.5g
Total Sugars: 27g	Total Sugars: 35g	Total Sugars: 47g
Protein: 25.125g	Protein: 31.875g	Protein: 41.375g

Clementine Lyte		
Small	**Medium**	**Large**
Calories: 96.5	Calories: 123.5	Calories: 164.5
Fat: 0.6g	Fat: 0.7g	Fat: 1.0g
Carbs: 26.5g	Carbs: 33.5g	Carbs: 45.5g
Total Sugars: 23.625g	Total Sugars: 30.375g	Total Sugars: 40.875g
Protein: 2g	Protein: 3g	Protein: 4g

Double Choco Coco Nuts Lyte		
Small	**Medium**	**Large**
Calories: 289	Calories: 433	Calories: 565
Fat: 12.4g	Fat: 18.7g	Fat: 23.8g
Carbs: 26g	Carbs: 42g	Carbs: 57g
Total Sugars: 11g	Total Sugars: 19g	Total Sugars: 25g
Protein: 23.25g	Protein: 31.75g	Protein: 41.75g

Green Creamsicle Lyte		
Small	**Medium**	**Large**
Calories: 347	Calories: 426	Calories: 694
Fat: 12.7g	Fat: 15.8g	Fat: 25.5g
Carbs: 55g	Carbs: 69g	Carbs: 109g
Total Sugars: 13.6g	Total Sugars: 16.3g	Total Sugars: 26.88g
Protein: 10.1g	Protein: 10.9g	Protein: 20.4g

Honey Beary Lyte		
Small	**Medium**	**Large**
Calories: 348	Calories: 399	Calories: 562
Fat: 8.8g	Fat: 9.3g	Fat: 13.7g
Carbs: 73g	Carbs: 87g	Carbs: 121g
Total Sugars: 56g	Total Sugars: 56g	Total Sugars: 92g
Protein: 6.25g	Protein: 6.75g	Protein: 9.75g

Home Run Lyte		
Small	**Medium**	**Large**
Calories: 136	Calories: 175	Calories: 234
Fat: 0.8g	Fat: 1g	Fat: 1.3g
Carbs: 31g	Carbs: 40g	Carbs: 53g
Total Sugars: 18g	Total Sugars: 23g	Total Sugars: 31g
Protein: 2g	Protein: 2g	Protein: 3g

I Dream Of Greenie Lyte		
Small	**Medium**	**Large**
Calories: 154	Calories: 193	Calories: 277
Fat: 3.025g	Fat: 3.375g	Fat: 6.375g
Carbs: 32g	Carbs: 42g	Carbs: 56g
Total Sugars: 17g	Total Sugars: 21g	Total Sugars: 28g
Protein: 1.85g	Protein: 2.95g	Protein: 4.15g

Julio Verde Lyte		
Small	**Medium**	**Large**
Calories: 310	Calories: 391	Calories: 576
Fat: 15.5g	Fat: 19.5g	Fat: 31.8g
Carbs: 47g	Carbs: 59g	Carbs: 80g
Total Sugars: 30.625g	Total Sugars: 39.375g	Total Sugars: 52.875g
Protein: 3.125g	Protein: 3.875g	Protein: 6.375g

Morning Sunshine Lyte		
Small	**Medium**	**Large**
Calories: 213.5	Calories: 258.5	Calories: 344.5
Fat: 0.9g	Fat: 1.1g	Fat: 1.5g
Carbs: 52.5g	Carbs: 64.5g	Carbs: 85.5g
Total Sugars: 13.625g	Total Sugars: 15.375g	Total Sugars: 19.875g
Protein: 4g	Protein: 5g	Protein: 6g

Paradise Found Lyte		
Small	**Medium**	**Large**
Calories: 219	Calories: 285	Calories: 376
Fat: 0.7g	Fat: 0.9g	Fat: 1.2g
Carbs: 57g	Carbs: 74g	Carbs: 98g
Total Sugars: 39g	Total Sugars: 50g	Total Sugars: 66g
Protein: 2g	Protein: 3g	Protein: 4g

Percolator Lyte		
Small	**Medium**	**Large**
Calories: 227	Calories: 295	Calories: 384
Fat: 1.8g	Fat: 2.5g	Fat: 2.8g
Carbs: 56g	Carbs: 72g	Carbs: 96g
Total Sugars: 28g	Total Sugars: 36g	Total Sugars: 47g
Protein: 4g	Protein: 5.75g	Protein: 8g

Moontower Lyte w/ Whey Protein		
Small	**Medium**	**Large**
Calories: 327	Calories: 429	Calories: 571
Fat: 2.2g	Fat: 2.9g	Fat: 3.8g
Carbs: 64g	Carbs: 84g	Carbs: 112g
Total Sugars: 5g	Total Sugars: 8g	Total Sugars: 10g
Protein: 17.25g	Protein: 22.75g	Protein: 30.75g

Moontower Lyte w/ Hemp Protein		
Small	**Medium**	**Large**
Calories: 280	Calories: 366	Calories: 488
Fat: 2g	Fat: 2.7g	Fat: 3.6g
Carbs: 64g	Carbs: 83g	Carbs: 111g
Total Sugars: 5g	Total Sugars: 7g	Total Sugars: 10g
Protein: 6.25g	Protein: 8.75g	Protein: 11.75g

Moontower Lyte w/ Pea Protein		
Small	**Medium**	**Large**
Calories: 274	Calories: 366	Calories: 467
Fat: 1.3g	Fat: 2.7g	Fat: 2.2g
Carbs: 63g	Carbs: 83g	Carbs: 109g
Total Sugars: 5g	Total Sugars: 7g	Total Sugars: 9g
Protein: 8.25g	Protein: 8.75g	Protein: 12.75g

Originator Lyte w/ Whey Protein		
Small	**Medium**	**Large**
Calories: 387	Calories: 473	Calories: 647
Fat: 9.2g	Fat: 9.9g	Fat: 14.3g
Carbs: 59.5g	Carbs: 74.5g	Carbs: 101.5g
Total Sugars: 6g	Total Sugars: 8g	Total Sugars: 10g
Protein: 20.125g	Protein: 24.875g	Protein: 34.375g

Originator Lyte w/ Hemp Protein		
Small	**Medium**	**Large**
Calories: 340	Calories: 411	Calories: 564
Fat: 9g	Fat: 9.7g	Fat: 14.1g
Carbs: 59.5g	Carbs: 74.5g	Carbs: 100.5g
Total Sugars: 6g	Total Sugars: 7g	Total Sugars: 10g
Protein: 9.125g	Protein: 10.875g	Protein: 15.375g

Originator Lyte w/ Pea Protein		
Small	**Medium**	**Large**
Calories: 333	Calories: 402	Calories: 552
Fat: 8.3g	Fat: 8.8g	Fat: 12.8g
Carbs: 58.5g	Carbs: 73.5g	Carbs: 98.5g
Total Sugars: 6g	Total Sugars: 7g	Total Sugars: 9g
Protein: 11.125g	Protein: 12.875g	Protein: 18.375g

Soul Boulder Lyte w/ Whey Protein		
Small	**Medium**	**Large**
Calories: 459	Calories: 732	Calories: 867
Fat: 15.45g	Fat: 26.35g	Fat: 35.15g
Carbs: 62.5g	Carbs: 82.5g	Carbs: 107.5g
Total Sugars: 4.5g	Total Sugars: 6.5g	Total Sugars: 6.5g
Protein: 20.125g	Protein: 44.875g	Protein: 36.375g

Soul Boulder Lyte w/ Hemp Protein		
Small	**Medium**	**Large**
Calories: 412	Calories: 572	Calories: 784
Fat: 15.25g	Fat: 24.65g	Fat: 34.95g
Carbs: 62.5g	Carbs: 79.5g	Carbs: 106.5g
Total Sugars: 3.5g	Total Sugars: 4.5g	Total Sugars: 5.5g
Protein: 10.125g	Protein: 12.875g	Protein: 17.375g

Soul Boulder Lyte w/ Pea Protein		
Small	**Medium**	**Large**
Calories: 405	Calories: 563	Calories: 773
Fat: 21.2g	Fat: 32.2g	Fat: 46.0g
Carbs: 61.5g	Carbs: 77.5g	Carbs: 104.5g
Total Sugars: 3.5g	Total Sugars: 4.5g	Total Sugars: 5.5g
Protein: 11.125g	Protein: 14.875g	Protein: 19.375g

Strawberry Cloud Lyte		
Small	**Medium**	**Large**
Calories: 313	Calories: 493	Calories: 655
Fat: 14.4g	Fat: 24.5g	Fat: 32.6g
Carbs: 25g	Carbs: 40g	Carbs: 53g
Total Sugars: 15g	Total Sugars: 27g	Total Sugars: 35g
Protein: 20g	Protein: 26g	Protein: 35g

Wild Child Lyte		
Small	**Medium**	**Large**
Calories: 204	Calories: 266	Calories: 367
Fat: 5g	Fat: 7g	Fat: 9g
Carbs: 38g	Carbs: 50g	Carbs: 62g
Total Sugars: 4g	Total Sugars: 5g	Total Sugars: 6g
Protein: 9g	Protein: 11g	Protein: 15g

Rehydrator Lyte		
Small	**Medium**	**Large**
Calories: 176	Calories: 270	Calories: 380
Fat: 7g	Fat: 13.5g	Fat: 20.1g
Carbs: 33g	Carbs: 42g	Carbs: 57g
Total Sugars: 22g	Total Sugars: 29g	Total Sugars: 39g
Protein: 3g	Protein: 4g	Protein: 5g

Wundershowzen Lyte		
Small	**Medium**	**Large**
Calories: 310	Calories: 376	Calories: 516
Fat: 9.5g	Fat: 10.1g	Fat: 14.75g
Carbs: 59g	Carbs: 74g	Carbs: 100g
Total Sugars: 30g	Total Sugars: 38g	Total Sugars: 51g
Protein: 9.25g	Protein: 10.75g	Protein: 14.75g

Peachy Green Lyte		
Small	**Medium**	**Large**
Calories: 75	Calories: 96	Calories: 129
Fat: 0.8g	Fat: 1g	Fat: 1.4g
Carbs: 14g	Carbs: 18g	Carbs: 24g
Total Sugars: 15g	Total Sugars: 19g	Total Sugars: 25g
Protein: 2g	Protein: 3g	Protein: 4g

Big 5-0 Lyte
Large
Calories: 912
Fat: 35g
Carbs: 106.5g
Total Sugars: 21g
Protein: 48.38g